

Working on Wellness

SCS WELLNESS MONTHLY EMPLOYEE NEWSLETTER DECEMBER 2024



In This Month's Issue:

- Christmas is Around the Corner
- Low Impact Exercise
- Raisins
- Motivation Boost
- Habit Formation
- 12 Wellness Days of Christmas
- Wellness Book Bingo
- Crossword Puzzle

What's Up with Wellness

- Take Ten Session - 25 Wellness Points: This one is lighthearted and useful! How to use one paper towel - Joe Smith - TEDxConcordiaUPortland
- Wellness Challenge - 25 Wellness Points: Christmas is Around the Corner - Try a new activity or old favorite this season! - Page 2
- Crossword Puzzle - 25 Wellness Points: Page 9 or online! Complete the puzzle, click print then save as PDF or screenshot to submit online.
- 12 Wellness Days of Christmas - 12 days of wellness giveaways! - Page 7
- Wellness Book Bingo - 100 Wellness Points: Throughout the 2024/2025 school year, read books on the board to complete a bingo! - Page 8
- Open Way Yoga Online Class Library
- SCS Wellness Facebook Group: Click to join!

Submit your December wellness activities by Tuesday, January 7th to be entered to win a SCS Stanley Cup! You can earn up to 3 entries each month by completing the Take Ten Session, Wellness Challenge and Crossword Puzzle.

All wellness activities can be found on the SCS Wellness website

CHRISTMAS

is around the corner

Create a
homemade
gift for
someone
special.

Do
something
kind for a
stranger.

Make
ornaments.



Cook your
favorite holiday
dish.

Go ice
skating.



Make a
Christmas
playlist.



Bake and
decorate
cookies with
your loved
ones.

Watch a
classic
Christmas
movie.



Donate
toys or
clothes to a
local charity
or shelter.

Take a
winter
walk.



Attend a
Christmas
concert.

Decorate
your home
with festive
lights.



Read a
Christmas
story.

Watch a
tree
lighting.



Go
Christmas
shopping
locally.

Send a
Christmas
card.



Wrap
presents
and make it
extra
special.

Build a
gingerbread
house.



Have a
Christmas
themed
game
night.

Write a
gratitude
list for the
year.

Enjoy a cozy
night in with
your loved
ones.

Snuggle up
with a cup of
hot cocoa.



Have a
holiday
photoshoot with
your family.

Sing
Christmas
carols.



Name: _____



Low Impact Exercise

CIRCUIT TRAINING
ELLIPTICAL
WALKING
SWIMMING
ROWING
CYCLING
YOGA

Easy start-up for beginners.
Decreased risk of injury to joints and tendons.
Improved balance and mobility.
Less recovery time after exercise.
Optimal for fat burning.
May be performed after injury to maintain
fitness level as you heal.
Easy to do for most people, making it great for
group workouts.

GLUTEN FREE OATMEAL RAISIN COOKIES

$\frac{3}{4}$ cup raisins* 1 cup hot water

1 $\frac{1}{2}$ cup old fashioned rolled oats * 1 cup + 2 TBSPS oat flour

$\frac{1}{2}$ tsp baking soda* $\frac{1}{2}$ teaspoon baking powder* $\frac{1}{4}$ tsp salt

1 tsp ground cinnamon* $\frac{1}{4}$ cup + 1 TBSP coconut oil melted

$\frac{1}{4}$ cup maple syrup* 2 tablespoon honey* 2 eggs lightly beaten

1 tsp vanilla extract

Place raisins in a heatproof medium bowl, cover with very hot (or boiling) water and allow to soak while you prep the other ingredients. This is optional but will make your raisins plump and juicy. Make sure to drain before baking!

Preheat oven to 350°F. Line a large baking sheet with parchment paper.

In a large bowl, briefly whisk together the rolled oats, oat flour, baking soda, baking powder, salt, and cinnamon.

Add remaining ingredients and mix with a wooden spoon until combined. Drain the raisins and lightly pat dry with a paper towel. Add raisins to cookie dough and fold in. The mixture will be very wet and loose, it will not form a tight ball.

Use a medium cookie scoop to place balls of cookie dough onto the parchment lined baking sheet, leaving about 1" of space between each cookie. Press them down lightly, they will not spread much during cooking. Dot with a few more raisins on top. Bake for 11-13 minutes, or until edges begin to brown and cookies are dry to the touch on top. Do not over bake. Cool for 5 minutes on the baking sheet, then transfer to a wire rack or sheets of paper towel to cool completely.

BENEFITS OF RAISINS

RICH IN NUTRIENTS

IMPROVE DIGESTION

PROMOTE BONE HEALTH

BOOST ENERGY

SUPPORT HEART HEALTH

AID IN WEIGHT MANAGEMENT

HELPS MAINTAIN HEALTHY BLOOD SUGAR LEVELS

Motivation Boost

No matter the path you take to accomplish your goals, you'll likely encounter bumps along the way. Motivation is defined as "the process that initiates, guides, and maintains goal-oriented behaviors." Mindset matters when striving for goals, so consider the following ways to boost motivation...knowing that your dreams are within reach!



Engage In Friendly Competition

Start a pickup basketball game with coworkers or an intense round of monopoly with family to get the competitive juices flowing



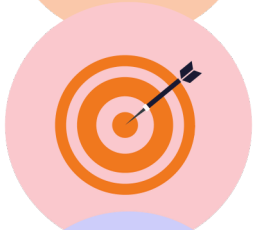
Get Organized

Prevent procrastination by using a journal or planner to get organized and chipping away at larger tasks first



Turn Up The Tunes

Find out what music gets you up on your feet; then, play your favorite track while you run that extra mile or push through a project



Visualize Your Goal

Visualize the steps it will take to achieve success and how you will overcome any challenges you face



Reach Out For Support

Surround yourself with other go-getters and don't be afraid to ask for help from someone who wants to see you succeed



Celebrate Yourself

Celebrate small and large successes by planning a reward that is personally meaningful after finishing a task

Habit Formation

Train your brain to build healthy habits! These frequently repeated behaviors shape daily routines and long-term lifestyles. Check out three steps below to create habits that stick.

Cue

Create a reminder to act on the habit

1

Example: If you want to establish a habit of reading more, place a book on your bedside table as a visual reminder

Routine

Choose a small, achievable, and easily repeatable version of the habit

2

Example: To cultivate a habit of waking up early, begin by setting your alarm 10 minutes (rather than one hour) sooner

Reward

Pair the habit with a positive emotion or reward

3

Example: If your goal is to strengthen your core, try watching your favorite show while exercising



Build Habit Loops

Repeat the cue, routine, and reward to maintain healthy habits. If you miss a day, give yourself another chance and adjust one of the steps until the habit becomes automatic.




SCS Wellness
presents

THE
12
WELLNESS
DAYS OF
CHRISTMAS

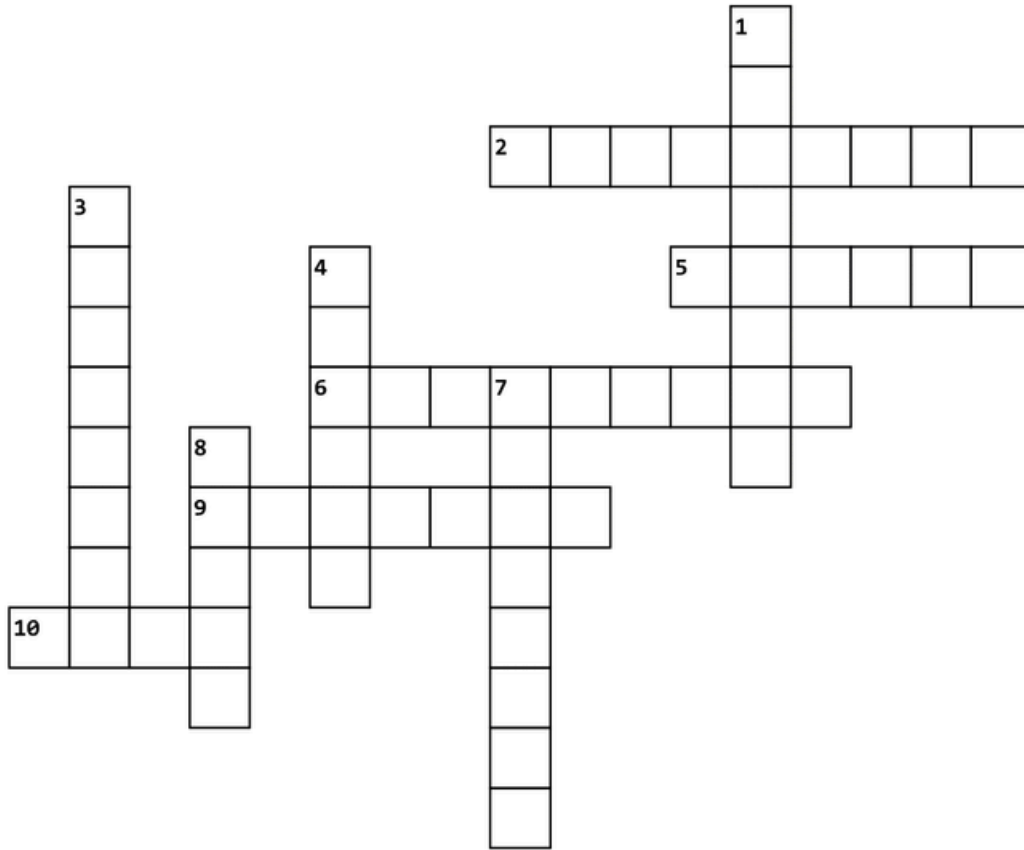
CHECK YOUR EMAIL EACH DAY
FOR THE FIRST TWELVE
SCHOOL DAYS IN DECEMBER!
1 GIFT THE FIRST DAY,
2 GIFTS THE SECOND DAY,
3 GIFTS THE THIRD DAY, ETC.
ALL EMPLOYEES ENROLLED IN
THE MEDICAL INSURANCE ARE
ELIGIBLE TO WIN!

SOCS WELLNESS

book bingo




December Wellness Crossword



Across

- 2.** If you miss a day while building a habit, give yourself another chance and adjust one of the steps until the habit becomes _____.
- 5.** Eating raisins can improve digestion, boost _____, support heart health and helps maintain healthy blood sugar levels.
- 6.** Motivation is defined as the process that _____, guides and maintains goal-oriented behaviors.
- 9.** Try making gluten free _____ raisin cookies for a healthier holiday treat.
- 10.** Surround yourself with other go-getters and don't be afraid to ask for _____ from someone who wants to see you succeed.

Down

- 1.** The first step in habit formation is cue, where you create a _____ to act on the habit such as placing a book on your bedside table as a visual reminder to read more.
- 3.** Find out what music gets you up on your feet; then, play your _____ track while you run that extra mile or push through a project.
- 4.** Low impact exercise is optimal for fat burning, has a decreased risk of injury to _____ and tendons and is easy to do for most people, making it great for group workouts.
- 7.** Examples of low impact exercise includes circuit _____, elliptical, walking, swimming, rowing, cycling and yoga.
- 8.** Build habit _____ by repeating the cue, routine and reward steps to maintain healthy habits.